



Weymouth Woods Sandhills Nature Preserve

Imagine the trees of Weymouth, England as you view the longleaf pines. Listen for the endangered red-cockaded woodpecker, a permanent resident of the Sandhills region. Tour the nature center museum where the region's unique features are studied, interpreted and protected.

Address: 1024 Fort Bragg Road
Southern Pines, NC 28387
(910) 692-2167



William B. Umstead State Park

Tucked between the growing cities of Raleigh, Cary, Durham and the corporate world of Research Triangle Park is an oasis of tranquility, a peaceful haven — William B. Umstead State Park. Here, two worlds merge as the sounds of civilization give way to the unhurried rhythm of nature. Highways fade in the distance as trees, flowers, birds and streams form a more natural community. William B. Umstead is a place to escape the pressures of everyday life, a place to picnic in the pines, to wait for a fish to bite, to take a hike or horseback ride on trails through the woods.

Address: 8801 Glenwood Ave.
Raleigh, NC 27617
(919) 571-4170



N.C. Travel & Tourism

Hiking in North Carolina